

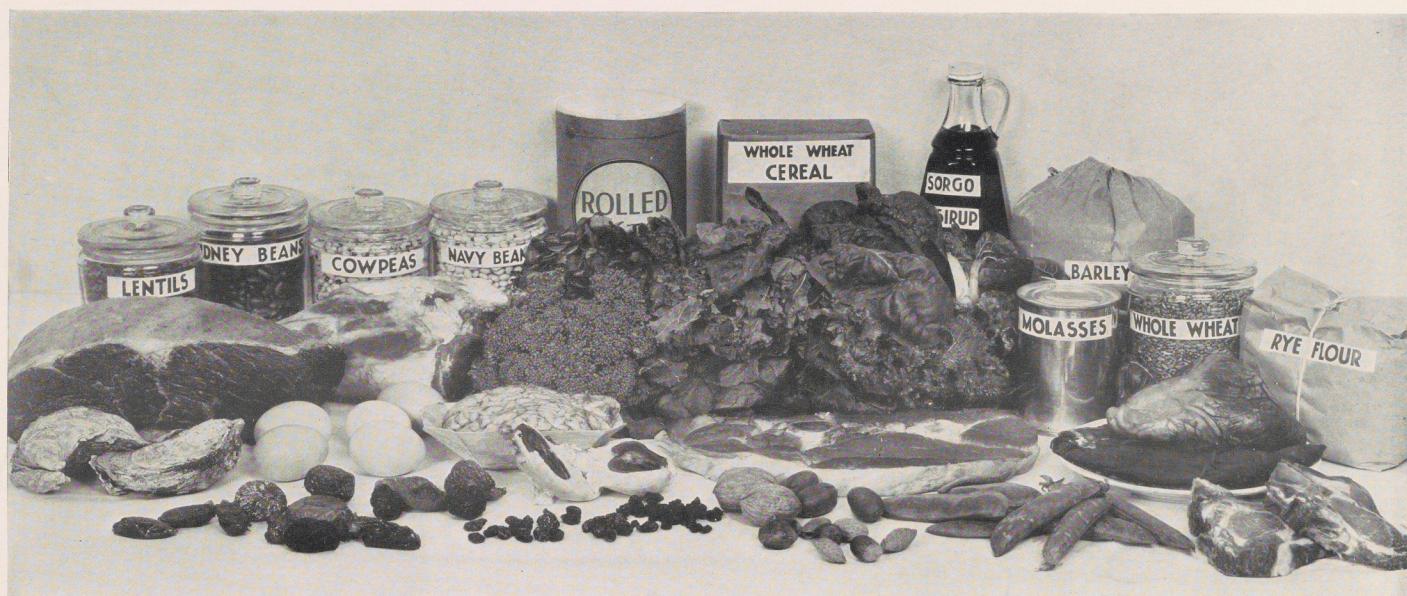
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Iron

For Red Blood

Foods Rich in Iron



Animal Foods

Meats—Liver, kidney, brain, and heart; also lean muscle of beef, veal, pork, and lamb

Eggs—Especially the yolks
Oysters. Shrimps

Plant Foods

Green Leaves—Turnip, beet, chard, dandelion, and mustard greens, water cress, spinach, kale, New Zealand spinach, and broccoli leaves

Dried Fruits—Particularly apricots, peaches, currants, and dates; also figs, prunes, and raisins

Legumes—Lima and kidney beans, lentils, cowpeas, and common peas—either dried or fresh

Whole-Grain Cereals or Flours—Wheat, barley, rye, and oats

Sirups—Sorgo, cane, and molasses

Nuts—Almonds, hazelnuts, walnuts, pecans, and hickory nuts